



## Get ready to bask in the heat

Nothing but hot, sunny days all this week, forecast says PAGE 3

# SHIPBUILDING 'MILESTONE'

MACKAY IN HALIFAX TUESDAY TO ANNOUNCE  
FEDERAL CONTRACT WITH IRVING PAGE 3



HALIFAX

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Tuesday, July 10, 2012



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## NO BETTER THAN MELLENCAMP

PAGE 5

John Mellencamp rocks out at the first of two shows at the Dartmouth Sportsplex on Monday night. Mellencamp, who is in town as part of his No Better Than This tour, is back on stage tonight at 7:30 p.m. JEFF HARPER/FOR METRO

# Convention centre now to open in 2016

**Council to vote on deal Tuesday.** MOU showing HRM believes increased property taxes will offset lease costs



ALEX  
BOULIER  
alex.boutilier@metronews.ca

Increased property taxes due to Joe Ramia's \$500-million Nova Centre project are expected to offset HRM's estimated \$6-million annual cost for the new convention centre.

But a proposed deal between the provincial government and HRM includes a number of provisions to ensure the municipality's risks are mitigated should that belief turn out to be wrong.

A staff report on the deal, released Monday afternoon, allows the municipality to defer payment to the province for up to 10 years should the annual cost exceed the increase in revenues.

The deal "commits HRM to a substantial annual cost of just over \$6 million to pay for the construction, operation and maintenance of the new convention centre," reads the memorandum of agreement.

"(HRM's proposed) strategy



The site of the proposed convention centre is still a big hole in the centre of the city's downtown. JEFF HARPER/FOR METRO

focuses on using new property taxes from the entire site ... to offset the lease costs for the convention centre."

Nowhere in the staff report does it indicate the projected increase in property taxes related to Ramia's project. Exact figures cannot "be determined until such time as the site is constructed and operating."

According to the MOU, which will be debated and voted on by Halifax regional council on Tuesday, the facility is now slated to be complete in January 2016.

Ramia, the head of Rank Inc., declined to comment Monday.

"I don't want interfere with the political process," Ramia said. "So we'll let that happen and see where that falls."

The proposed MOU doesn't significantly diverge from what former transportation and infrastructure minister Bill Estabrooks and Mayor Peter Kelly announced in December 2010.

The lease would still last 25 years, with two options to renew for five years, and an option to buy the facility outright for \$1 after 22 or 30 years.

The cost of the facility — as well as the property taxes and potential operating deficits related to the convention centre — would still be split 50-50.

The municipality would still have the right to buy the existing World Trade and Convention Centre, estimated at a book value of \$12.8 million in 2010, from the province.



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Irving

## MacKay to announce shipbuilding contract: Source

Defence Minister Peter MacKay will be in Halifax on Tuesday to announce the federal government has reached a deal with Irving Shipbuilding Ltd., Metro Halifax has learned.

MacKay's office is being tight-lipped about an "important milestone" announcement concerning the multibillion-dollar National Shipbuilding Procurement Strategy.

But a source familiar with the file told Metro that MacKay will reveal the federal government and Irving Shipbuilding have reached a contract agreement.

The announcement, set for 11:30 a.m. at the shipyard, comes almost nine months after the feds selected Irving to do the bulk of \$35 billion in shipbuilding work, and five months after the prime minister announced the two sides had arrived at an umbrella agreement.

Contract negotiations have been ongoing since late last year. The apparent delay fed fears that the shipbuilding strategy would be scaled back as the Department of National Defence rethinks its 20-year, \$400-billion Canada First Defence Strategy.

MacKay will make the announcement on behalf of Public Works Minister Rona Ambrose, whose department is spearheading the procurement program.

Josh Zanin, a spokesman for the minister's office, would not comment on the content of the announcement except to say that it will be "more complicated" than simply a contract for a single ship.

ALEX BOULTIER/METRO



Peter MacKay  
METRO FILE



Joseph Bird, who turns 13 on Wednesday, cools off in the fountain near Bishop's Landing in Halifax. He and his family are on vacation from Suffolk, England, and are enjoying the warm weather. JEFF HARPER/FOR METRO

# Sunny days appear here to stay in Halifax

**Summer.** Environment Canada forecasting great weather all week, and warm temperatures too

KATE HOWELL  
halifax@metronews.ca

Plan a lunchtime picnic with co-workers or book some time off, because Halifax will be basking in the hot summer sun for the rest of the week.

The waterfront was bustling Monday afternoon and Laura Trudell enjoyed another lunch hour by sitting on the

**Quoted**

**"It's great on days like this. Grab something to eat, walk around, talk to people — just keep it simple."**

Halifax resident Angie Nicholson on how she enjoys the nice summer weather

wooden amphitheatre steps watching those passing by.

"You can tell who people are," she said. "There are the business people with their swipe cards, tourists always stop and read that plaque, and then there are the joggers."

Halifax residents and tourists can expect to see a lot more sun, with temperatures hovering around 25 C for the rest of the week.

"It's looking like an abso-

lutely beautiful week coming up. A lot of sun and very little cloud," said Tracey Talbot, a meteorologist for Environment Canada.

Compared to 2011, Halifax has been relatively dry this summer. June had 24 per cent less rain than 2011, and July is looking good with only 6.3 millimetres of rain to date.

"For the most part, we are definitely below normal for the month of July, but it's still

really early to tell," said Talbot.

Angie Nicholson hopes the good weather will keep up. Planning on exploring as much of the province as possible, the Thunder Bay, Ont., native is looking forward to her Nova Scotia staycation.

"There is so much beauty to see here," said Nicholson. "I've been here (in Nova Scotia) for 18 years and I still feel like I'm on vacation."

Ben Haley spent his Monday afternoon off with catch-and-release fishing, a passion of his.

"When there's a day like this, I like to go fishing," said Haley, who recently caught a 19-inch, two-pound cod.

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NEWS

On the web

## Thrill seekers can't resist Pamplona

Thousands of gutsy runners are taking part in the annual San Fermin Running of the Bulls festival in Pamplona, Spain. Watch a slideshow of photos from the festival, which runs until Saturday, at [metronews.ca](http://metronews.ca).

Mobile news



**Something alarming is invading the Calgary Stampede midway, known to some as Heart Attack Alley. Known for deep-fried everything, the Stampede and its fortress of greasy food now face an invasion of healthy alternatives. Scan the code to read more about the calorie wars.**



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## Impaired. Drunk driver backs into cop cruiser — twice — police say

A 53-year-old is facing charges including impaired driving after Halifax RCMP say the man backed his vehicle into a police cruiser twice while driving drunk.

Police say an officer in the Bayers Lake Business Park turned on his sirens behind the man's pickup truck at about 9 p.m. Sunday on suspicions that he was driving impaired.

That's when police say the driver swerved into a brick sign, then reversed into the police car twice — once into its front bumper and a second time into its driver-side door.

### Over the legal limit

- Police say the 53-year-old had a blood-alcohol level of twice the legal limit.

The officer wasn't injured, but the officer had to climb through the passenger side door to get out, said police spokesman Cpl. Scott MacRae.

"Any time you have the potential of an impaired driver behind (the wheel of) a large vehicle in motion can be a very dangerous event," MacRae said. **SPENCER BUELL/FOR METRO**

### Crime

## Stabbing likely not random: Police

A 20-year-old man showed up at hospital with serious injuries after a stabbing early Monday morning.

Halifax Regional Police say they were called to the

Dartmouth General Hospital just before 2 a.m. after learning the victim was stabbed.

His injuries aren't considered life-threatening.

Police say they haven't been able to speak with the victim to determine where the incident actually happened. They don't consider it a random incident. **METRO**

## Invasion. Victim, 20, pepper-sprayed after masked men enter home

A home invasion in Halifax early Monday morning remains under investigation as police search for two armed thieves.

Police responded to a residence in the 1400 block of Carlton Street, where two masked men carrying a long-barrelled gun and a handgun allegedly attacked a 20-year-old man with an irritant believed to be pepper spray.

They also stole items in-

### No serious damage

- The victim was treated on scene by paramedics for minor injuries.

cluding electronics, said Halifax Regional Police spokesman Const. Brian Palmeter.

The alleged thieves then fled the scene, he added.

**SPENCER BUELL/FOR METRO**

### Second-lowest rates

## Citizens helped catch drunk drivers: Police

Halifax police say June had the second-lowest impaired-driving rates in HRM in the last 18 months: Only 48 charges were laid.

Citizens contacting police were responsible for catching 14 of the impaired drivers, police say.

"Police are appreciative of anyone who helps us keep our roads safe," said Const. Brian Palmeter, spokesman for Halifax Regional Police.

Police have also recently trained three officers as drug-recognition experts to catch those impaired by substances other than alcohol. **KATE HOWELL/METRO**

### Domestic abuse

## Man gets 22 months' jail time for assaults

A 43-year-old Cape Breton man has been sentenced to 22 months in jail for domestic assaults against two women.

Kevin Campbell was sentenced on 17 charges in provincial court in Port Hawkesbury last week.

The charges included assault, assault with weapon, pointing a firearm and unlawful confinement.

Campbell, a resident of Long Point, was found guilty following a trial.

The charges involve two women described as Campbell's significant others.

**THE CANADIAN PRESS**



Dr. George Cooper, the new interim president of the University of King's College, poses for a photo on the school's campus Monday afternoon. **JEFF HARPER/FOR METRO**

# Cooper tapped for top job at King's

**'Problem solver.'**  
Former Conservative MP named university's interim president for two-year term



**ALEX BOUTILIER**  
alex.boutilier@metronews.ca

Former Conservative MP and lawyer Dr. George Cooper has been selected as the interim president at the University of King's College.

Cooper, who chaired the university's board of governors

between 2001 and 2007, will replace Dr. Anne Leavitt.

Leavitt tendered her resignation last month, after only one year on the job.

"I think the university is actually in good shape," Cooper said on Monday.

"I think our reputation across the country is first-class. Our endowment is in the top 10 per cent of all Canadian universities on a per-student basis. It's true that we face challenges, but a lot of them are challenges that are faced by all universities in Canada."

Cooper acknowledged that King's is facing some significant capital issues, including

### Leavitt's departure

- John Hamm refused to elaborate on the reasons for Dr. Anne Leavitt's early departure, indicating it was a personnel matter.

the refurbishing of the now-condemned President's Lodge and the reroofing of Alexandra Hall.

The lodge project's budget has more than doubled to \$1.3 million. Originally planned as a two-year, \$310,000 project, the Alex Hall reroofing is now expected to cost the university

\$340,000 in 2012 alone.

But Cooper is no stranger to fundraising for capital projects, having spearheaded the campaign that ultimately resulted in the construction of the university's New Academic Building.

Cooper was selected over Dr. Neil Robertson, a longtime professor with the university's Early Modern Studies program. John Hamm, the former premier who now chairs the university's board of directors, said Cooper is uniquely suited for the top job.

"He is a respected and well-known problem solver," said Hamm.

## No new money for Solar City: Province

The provincial government is not planning to kick in any more funding for the Halifax Regional Municipality's Solar City project.

A spokeswoman for the Department of Energy confirmed on Monday that the province will not be providing more than the \$1 million already committed to the project.

"The province is willing to ... help HRM identify ways to ensure that the program does move forward," said Jackie Van

Amburg. "That includes low-interest loan-financing options."

It does not include more money, however.

A staff report coming before council on Tuesday recommends HRM abandon Solar City, which would allow home owners to finance solar heating panels through an add-on to their property bill. The report states that not only is the program outside HRM's jurisdiction, suggesting it would be more appropriately handled by

the provincially run Efficiency Nova Scotia, but it would not be a commercially competitive option for residents.

Energy Minister Charlie Parker sent a letter to HRM Mayor Peter Kelly last Thursday indicating he supported the project and would like to see it come to fruition.

Kelly has also indicated his support for the project, saying regional council will decide Solar City's fate, not senior staff. **ALEX BOUTILIER/METRO**



**Charlie Parker** **RYAN TAPLIN/METRO**

## Buyout. Tech startup sold for \$70M, say owners

A Halifax-based technology company that was conceptualized in Cape Breton has been purchased by Salesforce.com for a reported \$70 million.

The concept for GoInstant was drawn up by co-founders Gavin Uhma, Dave Kim — who is originally from Australia — and Kirk Sampson-MacPhee.

On Monday evening, Uhma and a fourth co-founder, Jevon MacDonald of Prince Edward Island, confirmed the acquisition agreement on the GoInstant website. The terms of the deal are not being disclosed.

Salesforce.com is among the world's largest enterprise cloud-computing providers and has similar customers to the ones being sought by GoInstant. "The entire company will continue moving forward," said 27-year-old Uhma. "We're still GoInstant, we're just GoInstant — a Salesforce company."

Founded in early 2010, GoInstant's co-browse technology allows people to remotely and jointly share the web-browsing experience. Users can type, click, browse and scroll together, which the company says helps in a number of different workflow scenarios between agents and end users.

"It's really, really exciting," said Uhma. "It's a nice relief. It's a long process, the transaction is a long process, so it's really exciting to let everybody know.... We worked on it in Cape Breton for almost nine months before moving to Halifax and that's when we officially formed the company and started raising money and hiring." **SPENCER BUELL/FOR METRO**



John Mellencamp and his band perform live at the Dartmouth Sportsplex on Monday night. **JEFF HARPER/FOR METRO**

# A memory-provoking night with Mellencamp

**Rocking on.** Full house greets legendary rocker, who is playing back-to-back nights

**JENNA CONTER**  
halifax@metronews.ca

The Dartmouth Sportsplex was rockin' Monday night, and John Mellencamp was the reason.

What was a scheduling loss for the Halifax Metro Centre turned out to be a Dartmouth gain as Mellencamp kicked off the two-show Atlantic-region leg of his No Better Than This

tour.

Ending their set, openers Cowboy Junkies braced the crowd for "a great show — it's loud and it's rock and roll!"

The lights dimmed for Mellencamp, and a backdrop rose from behind a stage that housed an impressive mini orchestra, with a stand-up bass and an antique flat-back piano.

The packed house included those who remember the good ol' days, when Mellencamp was at his peak, and those who were born during them.

The show kicked off with the Authority Song. After the first few bars, Mellencamp took a beat. Dressed in a casual tuxedo, worn with the Mellen-

camp "damn the man" swagger and attitude, he stood centre-stage and was welcomed by his applauding public.

From the floor, through the stadium, to the standing-room-only crowd that swayed in a circle around the arena, Mellencamp's lyrics filled the room.

Next came No One Cares About Me, off his latest album, No Better Than This.

"Good evening, I'm John Mellencamp. We came 758,000 miles to see you tonight," he told the crowd. "We'll be playing a whole bunch of songs tonight — some songs you know, some you don't. We'll take a minute to play an old favorite."

Jack and Diane and Check It

Out then rang out.

The tone shifted when Mellencamp spoke about his grandmother and how "life is short," breaking into Longest Days from the album Life, Death, Love and Freedom.

The mood was later lightened with Small Town and Paper in Fire as the grateful crowd chanted along.

### Last chance

John Mellencamp's second show is tonight at the Dartmouth Sportsplex at 7:30 p.m. Visit [ticketpro.ca](http://ticketpro.ca) for ticket information.

### Bluenose II

## Schooner assets a mystery: Province

The status of \$1 million in assets tied to the Bluenose II is still a mystery more than 18 months after the Nova Scotia government reached a tentative deal with the schooner's former operator.

The province has been in a battle over the assets for seven years. The Bluenose II Preservation Trust Society in Lunenburg, led by Senator Wilfred Moore, operated the schooner from 1994 to 2005.

The province reached an agreement with Moore in December 2010, but Premier Darrell Dexter now says the matter has yet to be resolved. He says Moore is insisting the funds have been transferred to the province, but the province's lawyers say that's not the case. **THE CANADIAN PRESS**

### Domestic assault

## Wanted man surrenders to cops

A 27-year-old man wanted by Halifax police has turned himself in.

The man, wanted for arrest following a domestic-assault incident, appeared at police headquarters Monday, said Const. Brian Palmetier, spokesman for Halifax Regional Police.

By the time police responded to a call on July 6 on Flamingo Drive, they said the man had fled. A woman and child were treated for non-life-threatening injuries. The man faces six charges, including assault causing bodily harm and possession of a weapon for dangerous purpose.

**KATE HOWELL/FOR METRO**

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# Abbas OK's exhumation and autopsy of Arafat

## Investigation.

Palestinian leader agrees to have body tested after lethal agent detected on clothing

Palestinian President Mahmoud Abbas has given final approval to dig up Yasser Arafat's remains and is also pressing for an international investigation of his predecessor's mysterious 2004 death, a top aide said Monday.

The decision came days after a Swiss lab detected elevated traces of a lethal radioactive agent on clothing said to be Arafat's.

Testing Arafat's bones could offer the last chance to get to the bottom of Palestinian claims that their leader was poisoned, though some experts cautioned it may already be too late for conclusive answers.

Several Palestinian offi-

cials have charged that Israel poisoned Arafat. The French doctors who treated Arafat in his final days did not present a clear cause of death, while Israel emphatically denied it killed the Palestinian leader.

Arafat, who died at age 75, is buried in a mausoleum in the walled government compound in the West Bank where he spent the last three years of his life under Israeli siege.

Scenes of heavy machinery tearing into the wreath-covered grave of the revered leader could prove offensive to devout Muslims. Also, the grave has become a must-see site for Palestinians and foreign visitors to Ramallah.

Abbas aide Saeb Erekat said Monday that the need to know overrides cultural sensibilities. "We are seeking the truth, and every single Palestinian is seeking the truth, and we cannot reach the truth without it (exhuming the remains)."

THE ASSOCIATED PRESS



Members of a Palestinian honour guard stand next to the tombstone of Yasser Arafat. MUHAMMAD MUHEISEN/THE ASSOCIATED PRESS

## Taliban

### Six Americans killed in bombing

The Taliban took responsibility Monday for a bomb blast in Afghanistan that killed six American troops, while other militants launched suicide attacks on two police headquarters that left 20 people dead, according to officials.

The six Americans were killed when a bomb struck their armoured vehicle.

THE ASSOCIATED PRESS

## West Bank

### Report supports illegal settlements

A government-commissioned report released Monday has recommended that Israel legalize dozens of unsanctioned West Bank settlement outposts, a move that would defy international opposition to settling land Palestinians want for a future state.

The report reaffirmed Israel's long-standing position, at odds with most of the world, that the West Bank is not occupied territory and therefore Israel has the legal right to settle on it.

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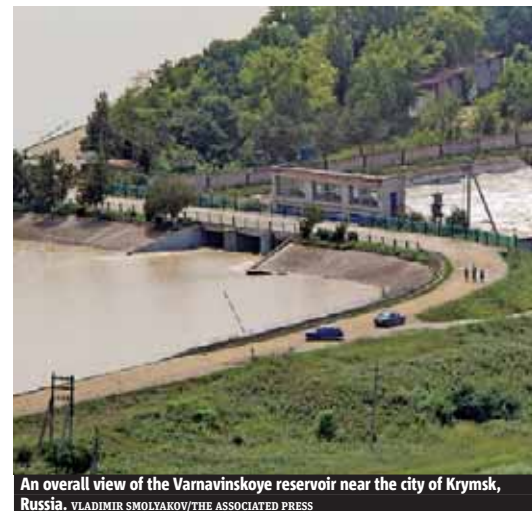
# Russian floods expose distrust of government

The floods that washed through southern Russia and killed 171 people followed storms that dumped five months of rain in a matter of hours. Still, President Vladimir Putin has spent three days trying to persuade residents that the flooding was an act of nature and not the result of government negligence or worse.

Some persist in believing, against all evidence, that the city of Krymsk and its 57,000 people were intentionally sacrificed to prevent the flood waters from damaging Novorossiysk, a major Black Sea port essential for exporting Russian oil and grain.

This deep distrust of the government poses a challenge to Putin, who depends on the support of ordinary Russians across the country to counter the growing challenge in Moscow to his 12-year rule.

At the very least, the flooding has Russians once again questioning the government's ability to keep them safe. Still fresh in their memory are a string of disasters — from the bungled response to the sinking of the Kursk submarine in 2000, to the wildfires that swept seemingly unopposed through a swath of western Russia in 2010, to the capsizing of an overloaded river boat that



An overall view of the Varnavskoye reservoir near the city of Krymsk, Russia. VLADIMIR SMOLYAKOV/THE ASSOCIATED PRESS

killed more than 120 people last year.

The Emergencies Ministry acknowledged Monday that it had failed to warn residents about the flash flood that turned Krymsk streets into swirling muddy rivers and filled one-storey homes practically up to the ceiling in the middle of the night. Many of the 171 who died were elderly residents unable to escape in time. THE ASSOCIATED PRESS

## Aftermath

The flooding came so quickly that residents suspected water had been intentionally released from a reservoir.

- A total of 29,000 people in Krymsk and Gelendzhik lost all of their possessions, while about 400 homes were damaged.

**“For years, I suffered from unbearable stiffness and swelling in my hands”**

# “How I BEAT The Pain That Almost Ended My Career!”

By Jaudon Sunde  
Medical Cosmetic Technician

**For nine long years, I lived in sheer agony.** I suffered from inflammation and horrible stiffness in my hands. Unless you’ve experienced it for yourself, you can’t imagine how bad the pain really is. It nearly crippled me and almost ended my career.

As a Medical Micropigmentation Specialist in Cleveland, Ohio, **I need my hands for applying medical tattooing and permanent makeup for cancer patients, burn victims, and for people who need facial reconstruction.**

I was proud that in 2010, FOX 8 TV news viewers voted me the “Best Permanent Cosmetic Technician” in the area and I have consistently ranked in the top 2% nationally.

But suddenly, my career was in danger. I was told that the intense precision of my work combined with the brutal cold winters in Ohio contributed to major stiffness and inflammation.

**So naturally, I tried just about every pain remedy and topical cream on the market. Nothing worked.** The pain was getting worse and worse.

So for all these years, I got by on a steady regimen of over-the-counter pills. The pain in my hands got so bad that I started taking pain relievers 2-3 times a day. And still my agony persisted.

**I was faced with a dreadful choice:** Either have the painful surgery on my hands and be laid up for months...or cut my workload in half. I was between a rock and a hard place.

I couldn’t afford to do either. I had to find a better way to get real relief.

**Then one day at dinner a friend of mine told me that inflammation is worse than I thought.** “It’s called the ‘secret killer,’ and for good reason,” he said. “Left alone, it can ravage your arteries, chew up nerve cells in your brain, and lead to all kinds of age-related ailments.

**“The good news is that researchers at the University of Arizona have now confirmed that the Nopal cactus — found in the Sonoran Desert in the southwest U.S. — has tremendous power.** It can help fight off harmful inflammation without risky drugs. And it can help reduce the pain caused by inflammation.

“It turns out that the fruit of this plant is loaded with a special concentration of something called a ‘bioflavonoid.’ It’s a super-powerful antioxidant that scientists believe to be perhaps the best natural anti-inflammatory agent on the planet. And it’s **proven to reduce inflammation and detoxify your body naturally.**”

**He then spoke the words that would change my life.** “I think all you need to do is try a fruit drink.” I was shocked! How is an ordinary fruit drink going to end my misery? “Well, it’s not an ordinary fruit drink. It’s called **Nopalea**, a breakthrough wellness drink that contains these incredible bioflavonoids I told you about. Drink it and you’ll be amazed how great you’re going to feel.”

I was skeptical, but I was also desperate. He brought me a bottle and I took a sip. I was shocked that it actually tasted fruity and delicious. I really enjoyed drinking it.

**In just 5-6 days, an amazing thing happened.** I started to feel much better. My stiffness loosened up and I moved around better than I had in years with no pain.

I was overjoyed! The inflammation in my hands showed dramatic improvement. I kept taking 3 ounces of **Nopalea twice a day and after about 30 days, I could perform my duties 95% pain free!**

Even the doctors I work with were amazed at my amazing improvement. I no longer need surgery. I am busier than ever before and I love it!



**Jaudon Sunde, Micropigmentation Specialist, says that “Nopalea has been a life-saver in every sense of the word.”\***

I also found out that the betalains in **Nopalea** aid my body in healing by surrounding unhealthy cells and draining them of toxic waste.

**But don’t believe me.** You must try this drink for yourself. If you’re suffering with the same inflammation and pain that I did, you owe it to yourself to get real relief. Once you try **Nopalea**, I know you’ll agree that it’s the best thing that’s happened to you in a long, long time.

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## Refugee health benefits

## Kenney invites praise for cuts

If you want to sign a petition thanking Immigration Minister Jason Kenney for his efforts to reduce health benefits for refugees, look no further than his own website.

"We, the undersigned, thank Jason Kenney for

his efforts to streamline benefits afforded to refugees (sic) claimants under the Interim Federal Health Program (IFHP) and bring them in line with the benefits received by taxpaying Canadians, including new Canadians," says the petition. A spokeswoman for Kenney emailed a statement saying thousands of people have signed the petition. **TORSTAR NEWS SERVICE**

## Don't mess with DJ

## Deadmau5 threatens robbers

Grammy-nominated producer Deadmau5 is fuming after a break-in at his mother's house in Niagara Falls. "Man, you ... picked the wrong house," he wrote on Facebook. "Mau5 is gonna find you."

**THE CANADIAN PRESS**

## Record-breaking

## Man's Volvo nears 3M miles driven

Irvin Gordon's 1966 Volvo P1800S just keeps going, and going, and going. Gordon's small, red two-door has well more than 2 million miles (3.22 million kilometres) on the odometer, the equivalent of nearly 1,176 times across the globe. The retired school

teacher from Long Island hopes to reach the 3 million mile mark by next year. He only has 34,000 miles to go. The 72-year-old Gordon drives his Volvo everywhere. He has held the Guinness world record for high mileage vehicle since 2002.

He bought his beloved car on June 30, 1966, for \$4,150 at the age of 25, "a whole year's salary."

**THE ASSOCIATED PRESS**



Irv Gordon in his hardy Volvo.  
SETH WENIG/THE ASSOCIATED PRESS

# Detention law may impact mental health

**Bill C-31.** Doctors cite research to argue for minimizing detention

Doctors are sounding more alarms about changes to Canada's refugee system. An opinion piece in the Canadian Medical Association Journal says a new law could pose a serious danger to the mental health of refugees.

Bill C-31, the Protecting Canada's Immigration System Act, includes provisions that allow the immediate detention of refugee claimants designated as part of irregular arrivals.

All those over the age of 16 will be held for a minimum of two weeks before their detention is reviewed, while those under 16 can be informally de-

tained with their parents or released to child care authorities.

The bill became law at the end of June and the detention provisions are now in force.

The authors of the piece cite several studies suggesting high levels of psychiatric symptoms among detained refugee claimants, even after short periods.

"As health professionals, it is our responsibility to urge the government to minimize harm to children, pregnant women, trauma survivors and other vulnerable people," Dr. Janet Cleveland and Dr. Cecile Rousseau wrote in the article, released Monday.

"Children should not be incarcerated or separated from their parents. Detention of all refugee claimants should be limited to the shortest possible time required."

**THE CANADIAN PRESS**

## Research on refugees

- **U.K.** After a median 30 day detention, 76 per cent of detained claimants were clinically depressed, compared with 26 per cent of a non detained sample.
- **U.S.** After a median detention of five months, 86 per cent of claimants showed clinical depression, 77 per cent had clinical anxiety and 50 per cent had clinical post-traumatic stress disorder.



Canadian chef Anthony Sedlak is seen at his home in Vancouver, B.C., in this 2008 photo. Sedlak died Friday at the age of 29. DARRYL DYCK/THE CANADIAN PRESS FILE

## Renowned Food Network chef Anthony Sedlak dead at age 29

A young and promising chef is being remembered for his warm personality, passion for his craft and skill in the kitchen. Food Network Canada said the untimely death of Canadian celebrity chef Anthony Sedlak is a terrible loss.

Sedlak was just 29.

A statement issued by his family said Sedlak was found

dead in his North Vancouver, B.C., apartment on Friday, July 6, after collapsing from an undiagnosed medical condition.

Sedlak was best-known as the host of Food Network Canada's The Main, and a judge on Family Cook Off, as well as author of the national bestselling cookbook, The Main.

Sedlak's culinary career

began in his teens, with completion of a specialized program and four-year apprenticeship, and he was barely in his 20s before he had spent almost two years at Michelin Star-rated La Trompette, in London, England. He was 23 when he won a silver medal representing Canada at the World Junior Chef Challenge in New Zealand, and

just months later, he captured The Food Network's Superstar Chef Challenge.

"Anthony became a much loved member of the Food Network family, entertaining and inspiring fans through four seasons of The Main and his latest venture, Family Cook-Off," the network said in a statement Monday. **THE CANADIAN PRESS**

## Texas. Border agents shoot Mexican citizen

A Mexican citizen has been fatally shot by U.S. Border Patrol agents on the border with Texas in an incident that the Mexican government is calling a disproportionate use of force.

The Border Patrol said Saturday that agents had opened fire along the Rio Grande on the Texas-Mexico border after being pelted by rocks and having a gunman point a weapon in their direction from the Mexican side of the river.

The agency said it did not know if anyone else was hurt, but the FBI was investigating.

The Mexican Foreign Ministry said late Sunday that a

citizen had been killed by a gunshot fired by a U.S. agent at the Los Tomates-Veterans international bridge. It did not identify the victim or provide details about the incident.

Mexico said its consulate in Brownsville had sent U.S. authorities a message demanding an exhaustive investigation without regard to the consequences.

"The Mexican government has said once again that the disproportionate use of force for purposes of immigration enforcement is unacceptable under any circumstances," the Foreign Ministry said.

**THE ASSOCIATED PRESS**

## South Sudan. Capital celebrates first birthday

Tens of thousands of South Sudanese gathered under a sweltering sun on Monday in the capital, Juba, to celebrate the first birthday of the world's youngest nation — an event marred by dire economic hardships and a near-constant threat of war.

Dance troops gave traditional performances and armed forces put on a parade that featured the country's fiercest pieces of weaponry: two attack helicopters. The sun was so intense that several soldiers were carried off in stretchers.

President Salva Kiir addressed the country's number one threat: a return to war with



Flags wave in celebration in Juba.  
SHANNON JENSEN/THE ASSOCIATED PRESS

Sudan. "Since our independence, Khartoum has continuously violated our sovereignty through aerial bombardments and ground incursions," he said. **THE ASSOCIATED PRESS**

## Jordan. MP accused of attempted murder

A Jordanian MP is being investigated after pulling a gun on his opponent in a live TV talk show, a prosecutor said Monday.

Mohammed Shawabka pointed his pistol at Mansour Seif-Eddine Murad after the former guerrilla-turned-politician called him a "mafia thief" during a prime-time debate late Thursday covering Jordanian politics and the Syria's uprising. The debate was aired on the private Jordanian Josat satellite station.

"He was going to shoot me and he should be punished for that," said Murad, an outspoken activist affiliated with Arab nationalist groups who

support what they consider to be Syrian President Bashar Assad's defiance of Western "colonialism."

He said he filed a complaint against Shawabka at Amman's First Instance Court earlier Monday, accusing him of attempted murder and defamation. Shawabka declined comment. An Amman prosecutor said the court will soon decide if there is enough evidence to bring charges.

The fight began when Shawabka accused Murad of being an Assad "spy," who then accused Shawabka of being a Mossad agent.

**THE ASSOCIATED PRESS**



Survey

## Canadians blowing dough on quick lunches

A new survey suggests more than half of Canadians head to a restaurant for lunch at least once a week — a habit that's costing many Canucks some serious dough.

The poll by Visa Canada suggests that while eating out might be convenient, the price tag is not so appealing. The survey suggests the majority of the 60 per cent of Canadians who eat out once a week spend between \$7 and \$13 on their meal. It also suggests the average Canadian who opts to buy a lunch spends about \$8.80 on the meal — and Ontarians appear to eat out the most often, with 20 per cent hitting up restaurants three or more days per week. **THE CANADIAN PRESS**

Market Minute



**DOLLAR**  
98.11¢ US (-0.06¢)



**TSX**  
11,634.67 (-25.28)



**OIL**  
\$85.99 US (+\$1.54)



**GOLD**  
\$1,589.10 US (+\$10.20)

**Natural gas:** \$2.88 US (+11¢)  
**Dow Jones:** 12,736.29 (-36.18)



## Technical difficulty softens Microsoft message

Microsoft CEO Steve Ballmer yells to be heard after his microphone stopped working at the Microsoft Worldwide Partner Conference at the Air Canada Centre in Toronto on Monday. About 15,000 attended, making it one of the biggest corporate conventions in Toronto's history. Ballmer assured the faithful that the Windows 8 platform that will power Microsoft-branded phones, expected to be unveiled in the fall, is on track for an October launch. The new platform will support touch- and stylus-based smartphones and tablet PCs as well as desktop and laptop computers as Microsoft moves to build its profile in a burgeoning global market for mobile devices dominated by Apple Inc. and Google Inc. Windows 8 is being counted on to help revive demand for laptops and other personal computers.

STEVE RUSSELL/TORSTAR NEWS SERVICE

# Mortgage rules changed, but most don't know

**Money matters.** Poll suggests only half of those surveyed were familiar with changes brought in by the federal government

gages — giving borrowers less time to repay the debt in full.

The federal government also tightened the standards lenders must apply before granting a mortgage.

"For two years now, we've been talking to our customers about the financial implications of carrying debt over the long term and how opting for a maximum 25-year amortization can help them manage and meet their long-term goals," said Laura Parsons, a mortgage expert at Bank of Montreal.

Starting Monday, borrowers refinancing their mortgages are limited to 80 per cent to the value of the home, down from 85 per cent.

The maximum amortization period dropped to 25 years from 30 years for government-insured mort-

"The recent changes are prudent, measured, responsible and timely, and will have an effect on how Canadians purchase property, so it's more important now than ever to seek clarity on the current guidelines in place."

Lines of credit

## 65%

The limit for home equity lines of credit has been reduced to 65 per cent of a property's value, down from 80 per cent.

A poll conducted by Pollara for Bank of Montreal found only about half of those surveyed were familiar with the changes brought in by the federal government.

And only 45 per cent of those surveyed June 29 to July 4 were aware that the maximum amortization period has been shortened by five years.

Finance Minister Jim Flaherty announced the new rules on June 21.

**THE CANADIAN PRESS**

## Candu enacts contingency after 800 workers strike

Candu Energy Inc. enacted a contingency plan Monday after about 800 nuclear scientists, engineers and technicians walked off the job when negotiators failed to reach a deal by the deadline.

But the Society of Professional Engineers and Associates, which represents the workers, said there will be a noticeable effect on operations.

"There's not enough people to replace us, so work will definitely be impacted," union spokeswoman Michelle Duncan said.

Candu spokeswoman Katherine Ward said the company does not operate any nuclear power plants so the strike action should have no impact on the day-to-day operations at the plants.

Candu is owned by Montreal-based engineering giant SNC-Lavalin, and its employees design, build and service nuclear reactors that supply nearly half of Ontario's electricity and 16 per cent of Canada's overall electricity requirements.

**THE CANADIAN PRESS**

Sticking points

The union has said the main issues in the labour dispute involved wages and seniority.

- SPEA president Peter White said a key issue is what he calls the company's desire to move away from nuclear industry standards and compensate its employees differently from other workers in the field.

## Virus infects 10,000 Canadian computers

If your computer just won't connect to the Internet, you may be among the 10,000 Canadians infected by malicious software created by Estonian online pirates.

The Canadian Internet

Registration Authority offers an online check to see if malware is behind your problems. Only about 0.1 per cent of Canadians should be affected by the virus.

**TORSTAR NEWS SERVICE**

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## 'Tis The Season... For the arrival of kittens!



The shelter is bursting at the seams with kittens who have been vaccinated, spayed or neutered and ready to go home, including sweet treat Jerry. He and his five-month-old litter mates would love to meet you!

For more information on Jerry and other adoptable furry friends, please visit [www.pas.spcans.ca](http://www.pas.spcans.ca) or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or [info@pas.spcans.ca](mailto:info@pas.spcans.ca)

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# SO MANY THINGS WRONG WITH THIS PICTURE



**SHE SAYS...**  
Jessica Napier  
metronews.ca/shesays

Something strange happened last week: a Victoria's Secret model became newsworthy because of her distinct lack of curves. In a Facebook campaign for the lingerie brand's Swim

Style Finder, a bow-legged model appears noticeably distorted and her beach bum has been entirely eradicated thanks to some overzealous airbrushing.

I guess, in some ways, it's kind of comforting to know that even Victoria's Secret models don't actually look like Victoria's Secret models.

While we've come to expect that advertisers and magazines offer a somewhat imagined version of reality — a glossy fantasy land in which women wear couture to the office and spend hours preparing DIY oatmeal face masks — many take the desire to retouch reality a bit too far. Turning back time, erasing blemishes, smoothing cellulite and digitally carving bodies into nothing more than clothing racks with hollowed out cheekbones has become the norm.

Some egregious examples of Photoshop gone wrong are laughable — check out PhotoshopHorrors.com (see example pictured below) for some particularly cringe-worthy examples — but there are also serious implications when it comes to reimagining human anatomy to create an unrealistic version of beauty.

Earlier this year, 14-year-old Julia Bluhm started a crusade against digitally altered photographs in Seventeen magazine. The eighth grader's online petition gathered more

than 84,000 signatures, and, last week, Seventeen made a promise to "celebrate every kind of beauty" and use images of real girls and healthy models within the pages of the magazine. Of course, their advertisers aren't vowing to abstain from

Photoshop, so I'm sure their young readers will still be subjected to whittled down waistlines and excessively whitened smiles.

Personally, I'd much rather look at images of celebrities and models in their un-Photoshopped glory, without layers of makeup and Spanx. I know it's shallow, but I enjoy those close-up images taken at awkward angles that make me feel better about my own imperfections. The realness of celebrities is what I find interesting, not the airbrushed artifice.

It's validating to see that stars aren't so otherworldly when you take away the team of stylists and put down the Photoshop wand. Because, just like us, they suffer from the effects of sun damage and bad lighting, and too much tequila the night before. Except maybe Jennifer Aniston — whose flawless body is presumably a result of her dedication to Smartwater, yoga and her never-ending breakup diet.

Ultimately, what fashion magazines and advertisers might not understand is that most of us don't want to look at pages filled with hyper-real, computer-generated bodies. Readers want to see women with both style and substance and, preferably, with all of their limbs intact.

Follow Jessica Napier on  
Twitter @MetroSheSays



# It's the real toy storeys



LEGOLAND WINDSOR

## Crazy construction

### Brits build world's tallest Lego tower

It's Olympic year, and the Brits are keen to break records. Britain has reclaimed, from South Korea, its record for the world's tallest tower made from pieces of Lego. During the weekend, hundreds of volunteers completed the 32-metre-high tower, which now resides at Legoland Windsor theme park near London. **METRO**



Tower of Lego? It's more Tower of Vertigo. LEGOLAND WINDSOR

## Tower in detail

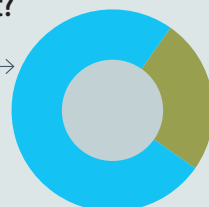
- **Record height.** 32 metres (beating Seoul's record of 31.9 metres), the same height as a nine-storey building.
- **Brick work.** Made up of more than 500,000 pieces, it comprises over 160 sections and nine Lego figurines.
- **History.** Tallest Lego tower first recorded in London in 1988 was for a tower of more than 15 metres.



Register at [metropolitanpanel.ca](http://metropolitanpanel.ca) and take the quick poll

## What was your initial reaction to the TomKat split?

75%  
I SHRUGGED.  
THEY LASTED  
LONGER  
THAN I  
THOUGHT



25%  
I JUMPED ON  
THE COUCH  
IN SHOCK

## Twitter

@MalcolmHfx:

75 year old neighbour lady said she saw cat in my garden. Used her watergun to shoo' it away for me. #wtf #gardening #fairview #halifax

@ashleehalifax:

I wish I didn't have to wear pantyhose so my legs could get some color during lunch! It's Sooo hot!!! #awesome #NovaScotiaWeather #Halifax

@pipermacbear:

I have my feather bonnet in a bucket at the Halifax airport, and they let me bring it as carry-on. Perhaps I'll wear it on the plane :)

@get\_sad:

Uh, so everyone that is moving to Halifax should live in Ocean Towers and tell them I referred you because i'd get \$150.

@SaltySmile:

Suddenly a lot of Halifax bars/pubs/resto's have started following me. That's nice.



Between the mega-success of this spring's *The Avengers* — with a worldwide take of more than \$1 billion — and the anticipated arrival of *The Dark Knight Rises* later this month, it's quite the year for comic book movies, making this week's San Diego Comic-Con that much more exciting. Here's some of the stuff we're looking forward to most at the annual nerd-fest, and be sure to follow along on Twitter (@nedrick) for behind-the-scenes updates from the Con all weekend long.

NED EHRBAR  
Metro World News in Hollywood

# Comic-Con sneak peek

## Movies

Comic-Con has become the proving ground for studio blockbusters, and with a lot of franchises coming to an end — Christopher Nolan's *Batman* series for example — the big question is what will be keeping fans lining up for the next few years.

**The Hobbit:** Peter Jackson completed principal photography on his two-film adaptation of the J.R.R. Tolkien classic just last week,

so hopefully he'll have something exciting.

**Iron Man 3:** While filming hasn't started yet on the franchise juggernaut and *Avengers* followup, fans will be eager for whatever surprises Marvel super-producer Kevin Feige decides to unveil. Who knows, maybe Robert Downey Jr. will even make an appearance.

**Elysium:** Visionary filmmaker Neill Blomkamp is bringing in some big guns

for his followup to 2009's *District 9*, including stars Matt Damon and Jodie Foster — not exactly a familiar Comic-Con face. We're just excited to learn more about the class warfare sci-fi film, to be released next March.

**Django Unchained:** We're stoked to get a glimpse at Quentin Tarantino's next flick, a revenge-fueled western starring Jamie Foxx as a freed slave. Tarantino will be on hand along with Foxx and Christoph Waltz.



The Hobbit. HANDOUT

## TV

Hits of the small screen have become a bigger part of Comic-Con — this year marks the first time TV shows have held panels in the massive Hall H, usually the exclusive domain of studio films. We'll be watching out for news on some returning shows and some new entries.

**The Walking Dead:** The popularity of the zombie drama's first appearance at Comic-Con two years ago

caught organizers off-guard, but by now they should be ready for the massive fan outpouring. And with the show's third season debuting in October, we're hoping to learn some juicy details.

**Community:** The cast of the quirky comedy with a passionate — if small — fan base returns to Comic-Con on the heels of series creator Dan Harmon's news-making termination this spring. We're curious to hear what direction the show will take

with new bosses — and a reduced episode order.

**Elementary:** The BBC's modernized Sherlock, starring Benedict Cumberbatch, has been a major success, so an American take was almost inevitable. This one finds a still-British Holmes (played by Johnny Lee Miller, who co-starred with Cumberbatch onstage in *Frankenstein* last year) fresh out of rehab and in New York, accompanied by a female Watson (Lucy Liu).



Benedict Cumberbatch GETTY

## Zombies

Comic-Con taking place a week earlier this year — due to the Olympics — means the middle of the fest falls on Friday the 13th, amping up the already prevalent Halloween-in-July feel around Downtown San Diego. Organizers are taking full advantage of the date, with zombies proving to be the hot ticket this year. (Sorry, *Twilight* fans.)

**Zombie Walk:** Celebrating its sixth year at the Con, this parade of undead enthusiasts promises to be the biggest yet. Hundreds of zombified folks will take over the Gaslamp Quarter, marching — very, very slowly — for “undead rights.” And 300 lucky participants will receive tickets to FEARnet's exclusive Con of the Dead after-party Friday night.

**The Walking Dead Escape:** The popular zombie cable series is taking over Petco Park, home of the San Diego Padres, to create an epic zombie apocalypse survival course. As of press time, tickets to be one of the zombies had sold out, but attendees still have a chance at trying to survive the course unbitten.



The Walking Dead HANDOUT

## Parties

As Hollywood has taken over Comic-Con more and more, the party scene surrounding the convention has gotten a bit ridiculous. And while the whole neighbourhood feels like a nerd-filled Mardi Gras each night, some tickets are definitely hotter than others.

**The Entertainment Week-**

**ly/Syfy Party:** The premiere event of the Comic-Con party scene takes over the Hard Rock Hotel on Saturday night — but good luck trying to get an invitation.

**VH1's Dawn of the Con Party:** While most of the evening activities involve guest lists and velvet ropes, Rob Zombie is teaming up with VH1 to throw a party for the people at Petco Park

Thursday night. All you need is a Comic-Con badge for free entry.

**Nerd HQ 2012:** Those looking for a break from the Con can head to this playground set up by Chuck star Zachary Levi and multimedia company Nerd Machine just two blocks from the Convention Center, with all sorts of fun toys from Xbox and Vizio.



## DVD reviews



## American Reunion

**Director.** John Hurwitz, Hayden Schlossberg

**Stars.** Jason Biggs, Alyson Hannigan, Seann William Scott

*American Reunion*, co-directed and co-written by Jon Hurwitz and Hayden Schlossberg, might just be the funniest issue yet from the *American Pie* franchise factory. Thirteen years has passed since the five lads from *American Pie* made a pact to lose their virginity at prom; now there's a desperate pitch to rekindle stalled libidos at a high school reconvening. Remarkably, *American Reunion* manages to get every major original cast member back. The directors are unable to shepherd this large cast to a new destination — *American Reunion* rehashes the same old gags over a ponderous 112 minutes. It's OK, though, because this troupe has earned our loyalty, and also our sympathy regarding the many indignities of aging.

PETER HOWELL

## Comic-Con Episode IV: A Fan's Hope

**Director.** Morgan Spurlock

**Stars.** Kevin Smith, Stan Lee

A funny thing happens at a geek convention in Morgan Spurlock's latest documentary, *Comic-Con Episode IV: A Fan's Hope*, and it's not the usual riffs. The annual summer nerd nirvana in San Diego would ordinarily be like shooting fish in a barrel for Spurlock, whose previous docs have skewered McDonald's, Osama bin Laden and movie product placements. Spurlock realizes this, and instead approaches “The Con” from the perspective of a highly intrigued observer. He keeps himself off camera as he follows seven people who embody the Comic-Con spirit. Spurlock pulls it all together with infectious brio, making us realize that geeks are people, too, who maybe just dream harder than the rest of us.

PETER HOWELL



## SCENE

### Scene in brief

## Kourtney adds one more Kardashian to the clan

Kourtney Kardashian has given birth to a baby girl and she's naming her Penelope. The reality TV star told E! News that her second child with boyfriend Scott Disick was born early Sunday at Cedars-Sinai Medical Center and weighed seven pounds, 14 ounces. Her full name is Penelope Scotland Disick. Kardashian said mother and child were “resting comfortably.” She and Disick have a two-year-old son named Mason. Both of her pregnancies were highly publicized. Her sister, Kim, wrote on her website that the family was thrilled to finally meet the newborn. The family appears on *Keeping Up With the Kardashians*.

THE ASSOCIATED PRESS

### On the web



For tabloid fodder, Cruise-Holmes split a celebrity divorce like the good ol' days



Salma Hayek ALL PHOTOS GETTY IMAGES

## No Savages for mini Salma

Salma Hayek admits that her 4-year-old daughter, Valentina, won't be seeing her latest film, Oliver Stone's *Savages*, in which Hayek plays the head of a bloody Mexican drug cartel.

"She's not going to watch this movie," she insists during a visit to *The Tonight Show* to promote the film.

"Actually, this was the only movie that she was not on the set. I usually bring her on the set and she always likes to sit right next to the monitor and she bosses everyone around. I know Oliver Stone would have not let her come in and say, 'Excuse me, Oliver, let me take over the set.' No."

## Is this the end of the Holmes-Cruise show?



Katie Holmes

After two weeks of drama, Katie Holmes and Tom Cruise have put a quick and tidy end to their divorce circus. The couple reached a settlement yesterday, which will avoid a messy court hearing later this month.

While there's no word on the terms of the agreement, Holmes is rumoured to get custody of daughter Suri, while Cruise will have generous visitation rights.

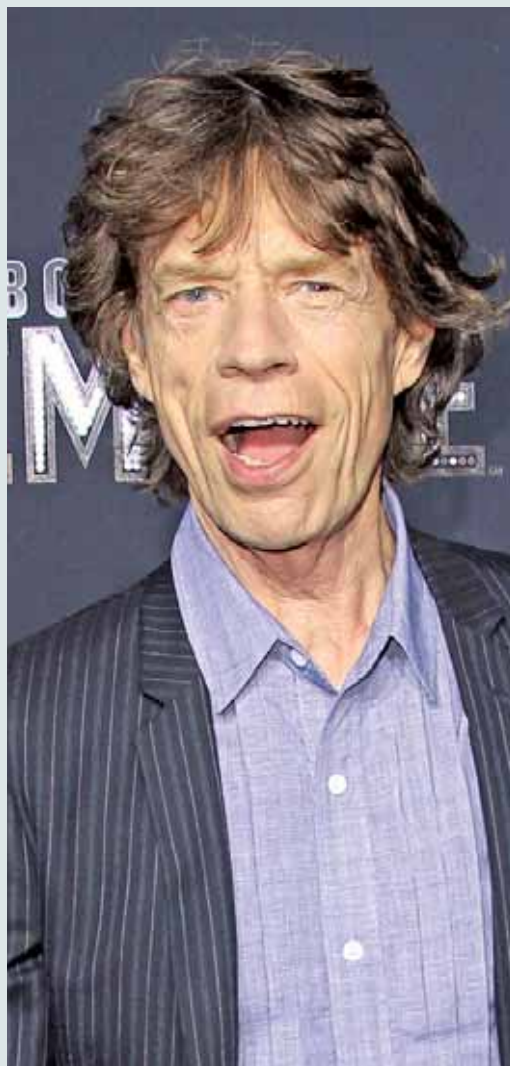
As for the statements, we're going to hand it to Team Cruise's lawyers for giving up the least amount of information in the blandest way possible:

"The Tom Cruise-Katie Holmes case has been settled with a signed agreement. Tom is really pleased we got there."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



### THE WORD

Monica Weymouth  
Metro World News in New York

## Jolie had no love for Jagger's moves

You can add Mick Jagger to the long list of people bewitched by Angelina Jolie.

In a new biography, Mick: *The Wild Life and Mad Genius of Jagger*, Christopher Anderson claims the Rolling Stones frontman became obsessed with Jolie after she played a sullen stripper in the video for their 1997 single *Anybody Seen My Baby*.

Although Jolie was married to Jonny Lee Mil-

ler at the time, Anderson claims that Jagger left her countless voicemails during which he was "virtually sobbing" and pursued her for several years.

Jolie didn't return his calls, but her mother "loved Mick for Angie and felt that he could teach her about fame," according to a family friend.

So why would Jagger waste his time on the one half-naked 22-year-old actress who wouldn't call him back?

"She scares me a little. I like that," he's quoted as admitting in the book.

This, mind you, from the man who spent decades waking up on hotel floors next to the hungover ghost of Keith Richards.

Angelina, we are, as always, impressed.



Sienna Miller

## The stork has come for Sienna

Sienna Miller gave birth to a baby girl in London over the weekend, according to *Us Weekly*. This is the first child for Miller and fiancé Tom Sturridge. The notoriously press-shy Miller has said very little about her pregnancy, but in April she did open up to *British*

*Vogue*: "Even though I'm under strict instructions not to say anything, as it would completely defeat the point of everything I've tried to achieve in the last eight years, I'm feeling fine. It's all progressing nicely and it's very exciting," she said.

## Usher's stepson involved in tragic accident

R&B singer Usher's stepson, Kyle Glover, has been declared brain dead after a horrific boating accident, according to TMZ. The 11-year-old son of Usher's ex-wife, Tameka Foster, was reportedly riding on an inner tube on a lake near Atlanta over the weekend when he collided with a passing jet ski and was struck in the head, the website reports. On Sunday, Glover was reported brain dead, but he remains on life support.



Usher

### Twitter



### @ActuallyNPH

Taking the train from Paris to London. Am I wrong, or is travel by train the greatest, calmest, classiest thing ever?



### @ebertchicago

As an experienced ex-drunk, I want to know: How do the guys on "Mad Men" drink like that all day and get home (or anywhere) in one piece?



### @AlbertBrooks

Dreamt I was sick and had to go before a death panel. They said I should die but they really liked my movies.



### @SarahKSilverman

Ironically, "note to self" is only ever said for other people's benefit

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# Cellulite: with you for life?

**Fat.** Cellulite can happen to anyone. Your age and size has little to do with it. Metro speaks to body and beauty experts to find out why some of us develop these dreaded lumps and bumps.

**ROMINA MCGUINNESS**  
Metro World News

Women mainly, and men increasingly, spend huge amounts of time and money on anti-wrinkle creams, laser hair removal and personal trainers in order to get smooth, flawless skin. But there are some things no miracle cream can fix. Cellulite is one of them.

## Why your skin looks lumpy

"Cellulite is fat, water and lymphatic fluid trapped in a webbing of tough collagen fibers under the skin," says Maria Hatzistefanis, founder beauty brand Rodial. "If this connective tissue becomes weakened, small pockets of fat and fluid can push through towards the surface, becoming more visible."

## How it's formed

Skin type and hormones — rather than diet or exercise — determine the formation and appearance of cellulite, Julie Cichocki, beauty expert for cult beauty brand Karin Herzog (a favourite of Kate Middleton) tells Metro how it happens.

"Female hormones (estrogen) increase fat stores and dictate the pattern in which the fat is formed. Genetically, women form fat in a different

### Beauty Pick

#### Elemis: Body Detox Skin Brush

**HOW TO:** Brush upwards from the soles of the feet to boost sluggish circulation and remove dead skin cells.  
\$47  
elemis.com



### Quoted

**"An estimated 90 per cent of women have cellulite and will never get rid of it. You can change the levels of it, but you will always have it."**

Justin Gelband  
celebrity fitness trainer

pattern to men; around her hips and thighs and around the middle are the typical areas for cellulite. This is to make a woman's body curvy, attractive and fit for child-birth. Cellulite is formed just under the surface of the skin, in the hypodermis, which is the only layer where hormones govern the laying down of fat cells. If estrogen is high, fat cells will form in the hypodermis. Toxins are then stored in these fat cells and the more toxins we store, the bigger the surface size of the fat cell and the more water it can hold. As the fat cell swells, it becomes enlarged and lumpy."



Relax, it's natural. THINKSTOCK

## What about men?

A woman's skin is finer and more elastic than a man's so any cellulite formed will be

more visible. Celebrity trainer Justin Gelband states that while cellulite can occasionally be seen on men, they'd have to be really overweight.

"Women produce estrogen, which produces fat whereas men produce testosterone, which eats up fat," he adds.

# 3

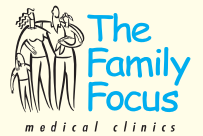
LIFE

### On the Web



Seventeen magazine offers 'body peace treaty' after teen crusader takes on altered photos

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# Entertain guests — and taste buds — with unique combo

## Spinach Salad with Cinnamon Almonds, Strawberries and Goat Cheese



This recipe serves eight. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)



**ROSE REISMAN**  
for more, visit  
rosereisman.com

The combination of spinach, spiced nuts, strawberries and goat cheese gives this salad loads of character.

Prepare the almonds in

larger quantities and keep them in an airtight container for up to 2 weeks.

1. Preheat oven to 350 F. Line a baking sheet with foil and lightly coat with cooking spray.
2. Rinse the almonds with cold water. Drain but do not let them dry. Place them in a bowl

and add the brown sugar and cinnamon. Toss to coat. Spread out on the prepared baking sheet and bake for 15 minutes, tossing once. Let cool, then remove from the baking sheet and chop coarsely.

3. Place the baby spinach, red pepper, strawberries and goat cheese in a large serving bowl.

### Ingredients

#### Cinnamon Almonds

- 1/4 cup whole almonds
- 1/3 cup packed brown sugar
- 1/2 tsp cinnamon

#### Salad

- 8 cups baby spinach
- 1 cup thinly sliced red bell pepper
- 1 cup sliced strawberries
- 1/2 cup crumbled goat cheese

#### Dressing

- 1 1/2 tbsp apple cider vinegar
- 1 tbsp olive oil
- 1 tbsp apple juice concentrate
- 1 tsp brown sugar
- 1/2 tsp chopped garlic
- 1/2 tsp Dijon mustard

4. Prepare the dressing by whisking together the apple cider vinegar, olive oil, apple juice concentrate, brown sugar, garlic and mustard in a small bowl. Pour the dressing over the salad and toss. Top with the chopped almonds.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

# Marry summer staples, salad and grilled meat, in one dish

1. Heat grill to medium-high. Grind well, then rub mix over both sides of steak. Set aside.
2. In spice grinder, combine the fennel, cumin, mustard, garlic powder, 1 teaspoon of salt and 1/2 teaspoon of pepper.
3. In bowl, whisk olive oil, vinegar and 1/2 teaspoon each of salt and pepper. Add tomatoes

## Fennel-Cumin Flank Steak Salad



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

and garlic, toss well, set aside.

4. Divide arugula between 4 serving plates. Top with the bell pepper and avocado. Crumble a quarter of the goat cheese over each plate of arugula, then sprinkle with dried cranberries.

5. Using an oil-soaked paper towel held with tongs, oil the grill grates. Add the steak and grill for 4 to 5 minutes per side for medium-rare. Transfer to a cutting board and let rest for 5 minutes. Thinly slice the steak against the grain, then heap a quarter of it on top of each salad.

6. Spoon a quarter of the tomatoes, as well as any liquid in the bowl, over each salad.

THE ASSOCIATED PRESS

### Ingredients

- 1 tsp whole fennel seeds
- 1 tsp whole cumin seeds
- 1 tsp yellow mustard seeds
- 1 tsp garlic powder
- Kosher salt and coarsely ground black pepper
- 1 1/4 pounds flank steak
- 2 tsp olive oil
- 1 tsp cider vinegar
- 1 pint cherry tomatoes, halved
- 2 cloves garlic, minced
- 5-oz package baby arugula
- 1 green bell pepper, cored and diced
- 1 avocado, peeled, pitted and diced
- 4-oz log soft goat cheese
- 1/2 cup dried cranberries

## Health Solutions

### Top five fruits



**NUTRI-BITES**  
Theresa Albert, DHN, RNCPT  
myfriendinfood.com

You are going to guess blueberries are the number one fruit, right? Well, any fruit is a great snack — especially if it replaces a sugary treat! But what you are truly looking for is a fruit that is high in fibre, vitamins and minerals and, yet, low in calories.

What really separates the men from the boys is the cancer fighting carotenoid content and that is hiding deep inside the fruits that are tinged red.

Of course, berries are your buddy but if you want to go beyond them, these are even better...

#### Guava

Guava contains only 50 calories per half cup but packs a wallop of carotenoid. One guava has four times the vitamin C of an orange. Find a red guava, make sure it is soft and ripe and eat it like an apple. Also try cooking it down into a jam to spread on toast.

#### Watermelon

Two cups of watermelon

contain merely 90 delicious calories and plenty of satisfying water. Feel free to use a blender on the pulp and freeze it into Popsicles.

#### Papaya

Papaya delivers helpful enzymes for an upset stomach along with its meagre 60 calories, super nutrients and fibre in one cubed cup.

#### Cantaloupe

The redder the better. One cup gives up only 50 calories, but five per cent of your magnesium needs and six per cent of your fibre. Go ahead, serve it with prosciutto. It's that good.

#### Pink Grapefruit

Grapefruit has that red pigment that is doing all sorts of good things to your body. One half is just 50 calories.



Theresa Albert is an author, nutritionist and health communicator in Toronto. She is @THERESAALBERT on Twitter and found daily at myfriendinfood.com.

## Watermelon Salad. Light, refreshing & innovative



This salad brings together a tasty selection of healthy, flavourful ingredients from the Mediterranean along with watermelon.

The combination results in a light, refreshing salad that can be served as a snack or side dish with grilled chicken, meat or fish.

1. In a large bowl, place salad greens, watermelon, onion and feta cheese and mix to combine. Refrigerate. Just before serving, toss salad with olive oil and balsamic vinegar and garnish with pepper.

THE CANADIAN PRESS/ NATIONAL WATERMELON PROMOTION BOARD, WATERMELON.ORG

### Ingredients

- 1.5 l (6 cups) mixed salad greens
- 750 ml (3 cups) cubed watermelon
- 125 ml (1/2 cup) sliced onion
- 75 ml (1/3 cup) crumbled

- feta cheese
- 45 ml (3 tbsp) extra-virgin olive oil
- 30 ml (2 tbsp) balsamic vinegar
- Cracked pepper, to taste

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Switching banks is more complicated than it has ever been. iSTOCK IMAGES

# Breaking up is hard to do

## Divorcing your bank.

A no-frills financial institution can save you money, but make sure it's right for you



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

Perhaps the only life event that's worse than moving house is moving banks. Back in the olden days, you simply closed a chequing and maybe a savings account, took the money and went somewhere else.

Nowadays, with automatic debits and deposits, e-billing and multiple investment accounts from RRSPs to TFSA's and RESP's, packing up to leave a bank requires a whole lot more effort.

Mortgages or lines of credit can't easily be transferred and most people have three to six accounts and up to 15 automatic transactions that must be closed and reopened or redirected. So, divorcing your bank requires some thought.

### Alison's money rule

**Pick the right bank by knowing your current and future banking needs**

I've stayed with banks simply because of a good relationship with a senior manager. However, bank employees often move to different branches, which means you can't count on the service continuing.

Not only that, but more rigid guidelines with respect to credit scores and debt-to-income ratios today give bank staff less latitude to bend the rules, even for their best clients.

Increasingly, the issue for consumers is banking fees, account, overdraft, debit and so on. About ten years ago, I got so fed up with rising fees at my bank that I switched to the low-fee, almost virtual President's Choice Financial with kiosks in Loblaws stores.

I did save tons of dough — actually, more than \$3,000 over a couple of years. However, there is a downside, as I quickly discovered.

If you have a complicated financial life, as I do, with Canadian and U.S. transactions and a business, you will find the no-frills banks can't provide a full suite of services such as convenient currency exchange. Also, some things like stop payments are hit and miss.

Additionally, if you have investment accounts, it's a little more complicated and you may elect to keep them at a regular bank.

However, virtual banks are offering RRSPs and TFSA's. ING and President's Choice, for example, have some investment options beyond GICs — mostly mutual funds. And at ING you can now open a business account.

You certainly can save money and streamline your life by going to a no-frills banker. Just be sure that what's offered fits your needs.

### Online tools

- **Details.** Check out the Financial Consumer Agency of Canada's bank selector tool: [fcac-acfc.gc.ca/eng/resources/toolCalculator/banking/index-eng.asp](http://fcac-acfc.gc.ca/eng/resources/toolCalculator/banking/index-eng.asp).

# Forget about personality and values; let's give facial features its due credit

**Facemate.** Dating site matches people according to the shapes of their mugs

**HEIDI PATALANO**  
Metro New York

It's not quite so strange when you really think about it: How many times have you looked at a couple and remarked that they could be brother and sister?

Those strange similarities a couple can share are no coincidence. Genetically, we have been trained to seek out those who have a face similar to our own, says founder of FindYourFacemate.com, Christina Bloom.

"There's part of the brain that's just focused on processing faces. It's the fusiform gyri. It's so important that we have a special area in our brain for it," Bloom says.

"If you think about human beings before we had language, or if you think about the way babies are — we learn things visually. That



Rita Wilson and Tom Hanks are seen by some to have similar faces. Maybe that's why they fit so well as a couple. GETTY IMAGES

makes sense because that's how we mated. We just know what we like."

Bloom points to several examples of couples who have similar faces — Halle Berry

and Olivier Martinez, and Tom Hanks and Rita Wilson, for instance.

She believes that matching people by their face shapes will ultimately lead to

better chemistry and, hopefully, better coupling.

"After meeting (a date), you think of, 'Wow, it's because of his or her great personality, that's why I like them.' Well no," she says. "You already saw his or her face, and you were interested because of his or her face."

Bloom says that the criteria for a good match comes in this descending order: chemistry, style, values and personality. That's why her website puts looks first and foremost.

After uploading a photo, the site's algorithm analyzes 11 points on the face and matches it with others who share those traits. In the next three months, Bloom hopes to improve the algorithm by using 62 points on the face for more specialized matches.

To Bloom, the website is just helping us do what we already intuitively know how to do. "I've been looking at couples for 20-plus years, and I just think it's innate," she says.

"Basically, we're doing it without even knowing that we're doing it. I do not know how people don't see it."

# ENDLESS OPTIONS AT SUCCESS COLLEGE

Graduates of Success College's Correctional Worker and Policing Foundations program are well-prepared to work in a variety of fields upon graduation.

"The possibilities are endless," says instructor Greg McCamon.

Some of the options include careers with correctional facilities, public policing agencies, military police, private industry, sheriff's services and the security industry.

The two-year diploma program at the

Lower Sackville-based college will begin in September.

McCamon is one of three instructors for the program. Between him and the other two instructors (they teach the policing foundations portion of the program while McCamon teaches the correctional worker), they have a combined total of about 90 years of industry experience.

"We have the experienced teachers here that have lived the industry," says McCa-

mon, adding this helps ensure students are on top of the latest industry trends.

Prior to joining the faculty at Success College, McCamon worked in corrections for 27 years and he has seen it all. This makes him ideally positioned to prepare students for the challenging field of being a correctional worker.

McCamon says one of the benefits of studying at Success College is the school has a financial assistance officer, whose

job is to help students apply for student loans, as well as assess whether they will be eligible for funding. This officer can help students identify other possible funding sources as well.

With a dedicated faculty, top-notch curriculum and a great support structure in place, McCamon says Success College is the ideal education provider.

"Everything students need to succeed is here," McCamon says.

## THINKING AHEAD

### TIME TO REVIEW LAST YEAR, GET A JUMP ON NEXT

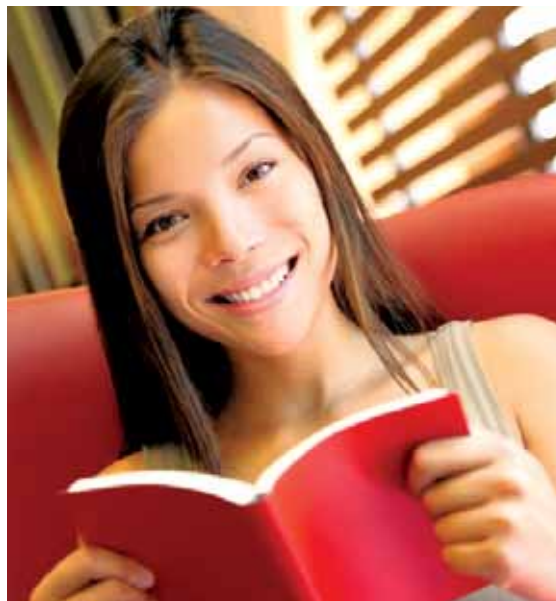
Summer break offers a great chance to catch up on last year's university and college reading and to get ahead of the game come September.

Todd Pettigrew, an associate professor of English at Cape Breton University, says reading ahead "saved his life" when he was doing his PhD.

"If you read it just because you feel like reading it, it's often a way to remind yourself that this is an interesting work of literature," he says. "One of the joys of summer for me has always been trying to carve out time to sit and read for pleasure."

First, catch up on last year's unfinished business. Second, get a start on next year's books.

Pettigrew says you can select books for double duty. For example, if you will



ISTOCKPHOTO/THINKSTOCK

be studying Russian literature and European history, Tolstoy's War and Peace will teach you about Napoleon's foolish attempt to take Moscow via one of the all-time greatest novels.

If you have beastly books like James Joyce's Ulysses on your list, Pettigrew advises you to "go and live there for a while," rather than focusing on finishing the novel.

Meg Martin, co-ordinator of orientation at the University of Calgary, urges students to check out old syllabi to see what has been taught in past years. If the

text list is set, buy your books early and familiarize yourself with the material. If you are studying something like first-year chemistry, review your high school texts to brush up on the basic information.

You can also learn core skills during the summer that you might not have time for when school starts. "It can be a great time to look up things like how to use citation systems. That's a really fundamental skill," Martin says.

U of C has a summer program called Common Reading. Each year the university selects one book and invites everyone

on campus to read it.

"It's community building on the one side, and on the other side it's meant to help orient students to the academic expectations of university," Martin says.

The book is usually academic and of broad interest in a range of disciplines. The book this year is Bitter Medicine: A Graphic Memoir of Mental Illness by Clem Martini and Olivier Martini. The book works into the curriculums across the university; those who compose the best reflection win free textbooks and dinner with the authors. — Jon Tattrie



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Court

## Armstrong's lawsuit dismissed

A federal judge handed Lance Armstrong a quick setback Monday as he went to court to save his seven Tour de France titles and his reputation as one of the greatest cyclists ever.

Armstrong filed a lawsuit aimed at preventing the U.S. Anti-Doping Agency from moving ahead with charges that he used performance-enhancing drugs throughout much of his long career.

Within hours, U.S. District Court Judge Sam Sparks in Austin dismissed the 80-page complaint. He said it seemed more intended to whip up public opinion in Armstrong's favour than focus on legal arguments.

THE ASSOCIATED PRESS

Soccer

## John Terry racism trial begins

The racism trial of John Terry began Monday with prosecutors claiming the Chelsea captain acknowledges using offensive language as a "sarcastic exclamation."

Terry came face to face in court with Queens Park Rangers defender Anton Ferdinand, whom he is accused of racially abusing during a Premier League match in October. Terry, 31, faces a maximum fine of \$3,900 if convicted of racial abuse during a game.

THE ASSOCIATED PRESS

NHL

## Parise, Suter wild for Minnesota

The Minnesota Wild are hoping that landing the top two free agents on the market with massive contracts will help turn flyover country into the place to be for top talent going forward.

The Wild introduced forward Zach Parise and defenceman Ryan Suter on Monday, five days after signing them to matching 13-year, \$98-million contracts.

THE ASSOCIATED PRESS

Cycling

## Wiggins wins Tour time trial

Bradley Wiggins showed he's the man to beat at the Tour de France, winning the first big time trial Monday and cementing his hold on the yellow jersey he wants to take home in two weeks.

THE ASSOCIATED PRESS



## Huck, West lead Dunbrack to shutout of County

Halifax Dunbrack's Jenna Goobie, right, and Halifax County's Melisa Gaudet battle for the ball in EastLink Premiership women's soccer action at the Mainland Common on Monday night. Leanne Huck scored twice and Kelsey West had the shutout as Dunbrack blanked County 2-0.

JEFF HARPER/FOR METRO

# Highmore still on road to recovery

**Hockey.** Sea Dogs' top draft pick left off Team Atlantic's U-17 camp roster, eyeing mid-August to resume full training



**MATTHEW WUEST**  
matthew.wuest@metronews.ca

Matthew Highmore will have to play his way onto Team Atlantic's world under-17 challenge roster when he's healthy in the fall.

The 16-year-old forward from Dartmouth, still recovering from late-May surgery to repair a dislocated shoulder,

was left off the roster for Team Atlantic's 43-player, five-day selection camp starting Sunday in Antigonish.

Highmore, who was chosen eighth overall in last month's QMJHL draft by the Saint John Sea Dogs, is unlikely to be ready for a full dose of upper-body training until mid-August.

"It's just a matter of recovery," said Matthew's father, Dave Highmore. "No question (he'll be back) early in the regular season. We just don't know if it's going to be the start of the season or two weeks later."

There are 12 Nova Scotians attending Team Atlantic's selection camp, including highly touted Halifax goaltender Mason McDonald and Dartmouth defencemen Ryan MacEachen and Nicholas Quillean.

Not participating because of a medical issue is Halifax Mooseheads defenc prospect Nicholas Gibson of Boutilliers Point.

Despite being injured, Highmore is a good bet for a spot with Team Atlantic. He was the



Matthew Highmore poses for a photo in a Saint John Sea Dogs jersey after being picked eighth overall in the QMJHL draft in June.

CLEMENT ALLARD/THE CANADIAN PRESS

top Nova Scotian picked in the QMJHL draft after putting up 26 points in 25 games for the major midget Dartmouth IceDawgs last season.

"He's got to take care of his health and at the end of the day we'll evaluate him (during the season)," said Team Atlantic head coach Dave Ritcey. "Moving forward, these kids (Highmore and Gibson) aren't out for sure. They're on our radar."

In addition to a dozen Nova Scotians at camp, there will

be 13 vying for spots from Newfoundland and Labrador, 10 from P.E.I., and eight from New Brunswick.

The 22-player roster will be named in November, with the tournament being held in Victoriaville and Drummondville, Que., from Dec. 28 to Jan. 4.

"We have a highly skilled group. We have size, we have physical players — we have a little bit of everything," Ritcey said. "Hopefully, when they come to camp, they're ready to go."

# 4

## SPORTS

Horse racing

## I'll Have Another sold to Japan

The owner of I'll Have Another says he sold his Kentucky Derby and Preakness winner to a farm in Japan for \$10 million US, a price that far exceeded any amount he was offered in the United States. J. Paul Reddam, who hails from Windsor, Ont., made his comments on the bloodhorse.com website. I'll Have Another was retired with a tendon injury before he was to run in the Belmont Stakes and attempt to become the first Triple Crown champion in 34 years.

THE ASSOCIATED PRESS

Mobile sports



It's the all-star break and much of baseball has been turned upside down since the final out of the crazy World Series last October. For example, Pittsburgh and Washington are together in first place for the first time and there have been five no-hitters, including two perfect games. Scan the code to read about what else has changed.



# Prince wins second HR Derby crown

**MLB.** Fielder makes splash by beating Bautista in final round and becoming only the second player to win multiple titles

Detroit's Prince Fielder became only the second player to win multiple titles in the All-Star Home Run Derby, thrilling the crowd at Kauffman Stadium with eight splash shots into the right-field fountain and beating Toronto's Jose Bautista 12-7 in the final Monday night.

On a night when the Yankees' Robinson Cano was repeatedly booed and went homerless, Fielder put on the most powerful display among baseball's big boppers. Winner at St. Louis's Busch Stadium three years ago, Fielder hit a total of 28 home runs over three rounds to cap the main event on the eve of the All-Star game, hitting the long drive of the night at 476 feet into the water.

Ken Griffey Jr. won three titles, in 1994, 1998 and 1999.

While the ball stayed out of McCovey Cove during the 2007 Derby at San Francisco's AT&T Park and the right-field

## Quoted

**"Everywhere the Yankees go play, they get booed all the time. I'm used to it."**

Robinson Cano, who was the subject of loud booing throughout his at-bat by fans upset he didn't select the Royals' Billy Butler after promising to take a hometown player for his derby team

swimming pool last year at Chase Field in Phoenix, there was plenty of aquatic activity in Kansas City, second only to Rome for most fountains in cities around the world.

After three splash shots among his five homers in the first round, Fielder started off the second round as the setting sun lit up clouds in a pretty pink behind the left-field wall. His mop of dreadlocks visible as he hit without a helmet, Fielder deposited four more balls into the 322-foot-wide water spectacular, which by then was illuminated in the twilight.

When he won three years ago in St. Louis, Fielder's 23 homers included a 503-foot drive that disappeared between two sections of bleachers in right-centre.

THE ASSOCIATED PRESS



Prince Fielder hit a total of 28 home runs over three rounds to win the State Farm Home Run Derby in Kansas City, Mo., Monday. JAMIE SQUIRE/GETTY IMAGES

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craftsman circular saw • Folding black &  
decker work bench • 2 burner coleman stove.  
New • Priced to sell - Call (902)445-5167

**Boy's Mongoose Shimono**  
bike - 21" \$40  
Call 902-469-9848

**LIGHT UP "Open" SIGN**  
Asking \$75.00  
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Old Wooden Wardrobe  
3 feet wide x 20 feet deep  
\$100.00 OBO  
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**Wanted  
Flea Market Items  
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Mint condition \$10 each of 2 for \$15  
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filing cabinet**  
\$40.00  
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**Brand New Wheelbarrow**  
Never Used!  
Best Offer  
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LOOKING FOR 2 good used tires  
P205 65/R 16  
Call with offer  
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One record player with speakers • one stereo  
with speakers • one computer.  
No offer refused.  
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• Work table 4' wide by 2' long, plywood  
top and folding legs with chair  
\$25 for both  
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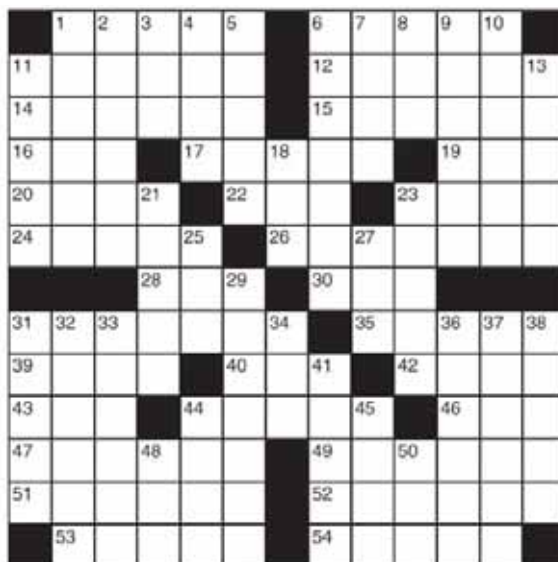


## Across

- 1 Purplish shade
- 6 Very excited
- 11 Lady of Spain
- 12 O. Henry-esque
- 14 Border
- 15 Sculpture medium
- 16 Altar affirmative
- 17 Windborne deposit
- 19 Listening device
- 20 Blue hue
- 22 First lady
- 23 Initial stake
- 24 Show philanthropy
- 26 Warned
- 28 Lettuce variety
- 30 Retainer
- 31 Less logical
- 35 Boutonniere site
- 39 Drudgery
- 40 Light beam
- 42 South American capital
- 43 Summer on the Seine
- 44 Push away
- 46 After taxes
- 47 Swallow's cousin
- 49 Shopper's venue
- 51 Walked proudly
- 52 Napoleon's realm, e.g.
- 53 Enthusiastic
- 54 Phone book data

## Down

- 1 Sluggish
- 2 Progress
- 3 Journal
- 4 Seed coating
- 5 Hiawatha's carrier
- 6 That guy, to that guy
- 7 History chapters
- 8 Craggy peak
- 9 Straight
- 10 Jesus' condemner
- 11 Hit
- 13 Wrapped in a waxy cloth
- 18 Zsa Zsa's sister
- 21 Resident
- 23 "... with — live girl"
- 25 Triumphed
- 27 Wet wriggler
- 29 More tranquil
- 31 Particulars
- 32 Write symbolically
- 33 Mountain range
- 34 Eminem's genre
- 36 Ring site
- 37 Eastern potentates
- 38 Starbucks order
- 41 Red Sea country
- 44 Amusement-park attraction
- 45 Odgen Nash's priest
- 48 Dress (up)
- 50 Tachometer reading (Abbr.)



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Yesterday's Sudoku

6	7	8	9	5	1	3	4	2
5	2	1	6	4	3	7	8	9
4	9	3	7	2	5	1	5	6
2	4	9	5	1	6	8	7	3
8	3	5	2	7	4	6	9	1
7	1	6	3	8	9	4	2	5
1	8	2	4	3	5	9	6	7
9	5	4	1	6	7	2	3	8
3	6	7	8	9	2	5	1	4

## Yesterday's Crossword



## Cryptoquip

## How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

F B Y \* L V E B T S V L K T R E D P Z  
D K A H P U B L K Z V P A K P T H B B S  
K A ? K \* U V P W L V P S F Z B W S

F B Y Z D P K P T S Z D P K P R P K T!  
Yesterday's Cryptoquip: WHEN A SUPER-ROBOT IS CREATED THAT PLOWS LAND, WILL IT BE AN AUTOMATED TILLER MACHINE?

Today's Cryptoquip Clue: U equals V



For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

**Today**

**24°/14°**  
Partly cloudy

**Wednesday**

**25°/15°**  
Sunny

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## Horoscope

### ♈ Aries | March 21 - April 20.

Forget the past. It is over and done with. You can, however, resolve to make today (and tomorrow) better than yesterday and the day before.

### ♉ Taurus | April 21 - May 21.

You have been a bit too out of touch with reality lately — which is not like you at all. Maybe it's time to remember that, as a Taurus, you should be more practical than most.

### ♊ Gemini | May 22 - June 20.

If you feel you are heading down a path that is not right for you, there is still time to stop and go back the way you came or even take a different path entirely. You are in control.

### ♋ Cancer | June 21 - July 22.

The Sun in your sign means this is an excellent time for you on so many levels. But it's also a tiring one, so be kind to yourself today.

### ♌ Leo | July 23 - Aug. 22.

The Sun's entry into your birth sign this month, will make you feel alive. Before then, you need to fix some things, not least a relationship.

### ♍ Virgo | Aug. 23 - Sept. 22.

You can't always do what you would like to do, but that doesn't matter. What counts is that you do what you have to do to the best of your ability.

### ♎ Libra | Sept. 23 - Oct. 22.

Yes, of course, other people can be annoying, and deceitful, but you don't have to react in the same way. Rise above petty squabbles today, and every day.

### ♏ Scorpio | Oct. 23 - Nov. 21.

You may be serious by nature but there is something you would be the first to admit you have been taking too lightly. You know what it is and what needs to be changed.

### ♐ Sagittarius | Nov. 22 - Dec. 21.

Be tolerant of those who see things from a different angle. They are as entitled to their opinions as you are to yours. Diversity is good.

### ♑ Capricorn | Dec. 22 - Jan 20.

You will have to work hard to stay friends with someone who has been giving you a hard time. Is it worth it?

### ♒ Aquarius | Jan. 21 - Feb 18.

There will be a change of emphasis in your outlook over the next 24 hours. While before you were interested only in your work and career, now you will be interested in relationships too.

### ♓ Pisces | Feb. 19 - March 20.

Start thinking along more practical lines. Dare to dream but make sure that your dreams are doable. What can you change today from an idea into reality? **SALLY BROMPTON**



## Caption Contest

"Three heads are better than one."  
Monica

RAJANISH KAKADE / THE ASSOCIATED PRESS

## Win!



## You write it!

Write a funny caption for the image above and send it to [play@metronews.ca](mailto:play@metronews.ca) — the winning caption will be published in tomorrow's Metro.

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